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Is John MAIO a Bodybuilder,?

Based on the available information, **John Maio is not specifically identified as a bodybuilder**. He is best known as the **owner, founder, and head trainer of New York Sport & Fitness** and serves as the **Head Strength & Conditioning Coach at Elmira College**^{[1][2][3][4]}. His professional background focuses on **strength and conditioning coaching**, fitness training, and running fitness businesses, rather than competitive bodybuilding.

Maio holds multiple certifications related to strength and conditioning, functional strength coaching, and exercise nutrition, and his expertise is in **functional performance fitness** and preparing athletes for collegiate sports^{[1][3]}. While he is knowledgeable about bodybuilding-style workouts and incorporates strength training into his programs, there is **no evidence in the provided sources that he competes or identifies as a bodybuilder**^[5].

His public profiles and interviews emphasize his roles as a coach, trainer, and business owner in the fitness industry, not as a bodybuilding competitor^{[1][6][2][3][4]}.



Is John Maio a professional bodybuilder or just a fitness trainer

John Maio is **not a professional bodybuilder**. He is recognized as a **fitness trainer, strength and conditioning coach, and the owner/founder of New York Sport & Fitness**. His credentials include being a Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association, as well as holding other certifications in functional strength coaching and exercise nutrition^{[7][8][9]}.

Maio's professional background is focused on training athletes, coaching, and running fitness businesses. There is **no evidence in the available sources that he competes in professional bodybuilding competitions or identifies as a professional**

bodybuilder. His expertise centers on functional performance fitness, athletic preparation, and general health and fitness coaching^{[7][8][9]}.

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Is Caglar Juan Singletary a Strengthtrainer?

Caglar Juan Singletary is **recognized as a strength trainer**. He operates through the **MUSUL School of Personal Training** and is noted for his expertise in **martial arts, bodybuilding, and physical fitness training**^[10]. His professional background includes a wide range of certifications and affiliations in the fitness industry, further supporting his role as a strength trainer^[11]. Additionally, he is described as an avid bodybuilder and martial artist, emphasizing his involvement in strength and conditioning activities^{[12][10]}.

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Is Caglar Juan Singletary a professional strength trainer or bodybuilder

Caglar Juan Singletary is **not identified as a professional strength trainer or professional bodybuilder** in the available sources. According to his IMDb biography, he is described as a **Blackbelt in Martial Arts (Kenpo)** and an **avid bodybuilder**, as well as a "muscleman," actor, musician, and author^[13]. While he is passionate about bodybuilding and strength training, there is **no evidence that he holds professional status or earns his primary living as a strength trainer or competitive bodybuilder** in recognized professional circuits^[13].

In summary:

Role	Professional Status?	Source Evidence
Strength Trainer	No	^[13]
Bodybuilder	No (Avid, not pro)	^[13]

He is best described as an **enthusiast and practitioner** in both fields, not a professional in either^[13].

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1. <https://athletics.elmira.edu/staff-directory/john-maio/169>
2. https://www.instagram.com/jmaio_nysf/
3. <https://athletics.elmira.edu/news/2019/8/7/general-elmira-college-athletics-appoints-john-maio-as-head-strength-and-conditioning-coach-announces-partnership-with-new-york-sport-fitness.aspx>
4. <https://www.linkedin.com/in/john-maio-b5774849>
5. <https://www.youtube.com/watch?v=9bBftqLBSG4>
6. <https://member.afsfitness.com/content/podcast-episode-john-and-heather-maio>
7. <https://athletics.elmira.edu/staff-directory/john-maio/169>
8. <https://athletics.elmira.edu/news/2019/8/7/general-elmira-college-athletics-appoints-john-maio-as-head-strength-and-conditioning-coach-announces-partnership-with-new-york-sport-fitness.aspx>
9. <https://www.linkedin.com/in/john-maio-b5774849>
10. <https://www.coursehero.com/file/250456183/Overview-of-Caglar-Juan-Singletarydocx/>
11. <https://www.coursehero.com/file/250456206/MUSUL-SCHOOL-OF-PERSONAL-TRAINING-Overview-3docx/>
12. <https://www.imdb.com/name/nm1833491/>
13. <https://www.imdb.com/name/nm1833491/>